

HELPING YOUR FAMILY START STRONG AND STAY THAT WAY...

No one should have to choose between paying the bills and providing healthy food for their children. That's why Gallatin WIC provides young families with healthy food and support services at no cost to you.

What does WIC Provide?

- + Free food benefits for fruits, vegetables, bread, milk, eggs, and other healthy choices
- + Pregnancy & breastfeeding support
- + Free health screenings
- + Nutritional tips, recipes, & money-saving advice
- + Expert advice from nurses and nutrition staff

.... Is WIC for Me?

WIC families can be moms, dads, foster parents, grandparents or guardians. Thousands of hard-working Montana families use WIC as a bridge to a better future. WIC is for pregnant, breastfeeding, and postpartum women, and families with children up to age 5 who meet the following 2012 gross income limits:

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|---------------------------------------|---|
| + \$20,665 a year for a family of one | + \$42,643 for a family of four |
| + \$27,991 for a family of two | + \$49,969 for a family of five |
| + \$35,317 for a family of three | + Families eligible for Medicaid, SNAP, or TANF automatically qualify |



215 W MENDENHALL ST, BOZEMAN MT 59715

Gallatin WIC has offices in Bozeman, Belgrade, Livingston & West Yellowstone.

Contact us today 406-582-3181 | WIC@gallatin.mt.gov



Check eligibility quickly & easily by
scanning the code or looking online at:

<http://wic.fns.usda.gov/wps/pages/start.jsf>